



National Nutrient Database for Standard Reference  
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**Full Report (All Nutrients) 09530, Fruit juice smoothie, ODWALLA, strawberry banana**

**Report Date: June 30, 2017 06:13 EDT**

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

**Carbohydrate Factor: 3.92 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25**

Manufacturer Odwalla

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 233g
<b>Proximates</b>					
Water <sup>1</sup>	g	87.74	2	--	204.43
Energy	kcal	48	--	--	112
Energy	kJ	200	--	--	466
Protein <sup>1</sup>	g	0.50	2	--	1.17
Total lipid (fat) <sup>1</sup>	g	0.32	2	--	0.75
Ash <sup>1</sup>	g	0.39	2	--	0.91
Carbohydrate, by difference	g	11.05	--	--	25.75
Fiber, total dietary	g	0.6	--	--	1.4
Sugars, total <sup>1</sup>	g	9.90	2	--	23.07
Sucrose <sup>1</sup>	g	3.48	2	--	8.11
Glucose (dextrose) <sup>1</sup>	g	2.57	2	--	5.99
Fructose <sup>1</sup>	g	3.84	2	--	8.95
Lactose <sup>1</sup>	g	0.00	2	--	0.00
Maltose <sup>1</sup>	g	0.00	2	--	0.00
Galactose <sup>1</sup>	g	0.00	2	--	0.00
<b>Minerals</b>					
Calcium, Ca	mg	10	--	--	23
Iron, Fe	mg	0.20	--	--	0.47
Magnesium, Mg	mg	14	--	--	33
Phosphorus, P	mg	18	--	--	42
Potassium, K	mg	201	--	--	468
Sodium, Na	mg	2	--	--	5

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 233g
Zinc, Zn	mg	0.08	--	--	0.19
Copper, Cu	mg	0.040	--	--	0.093
Manganese, Mn	mg	0.180	--	--	0.419
Selenium, Se	μg	0.2	--	--	0.5
<b>Vitamins</b>					
Vitamin C, total ascorbic acid <sup>1</sup>	mg	38.4	2	--	89.5
Thiamin <sup>1</sup>	mg	0.050	2	--	0.117
Riboflavin <sup>1</sup>	mg	0.050	2	--	0.117
Niacin <sup>1</sup>	mg	0.285	2	--	0.664
Pantothenic acid <sup>1</sup>	mg	0.210	1	--	0.489
Vitamin B-6 <sup>1</sup>	mg	0.065	2	--	0.151
Folate, total <sup>1</sup>	μg	30	2	--	70
Folic acid	μg	0	--	--	0
Folate, food	μg	30	2	--	70
Folate, DFE	μg	30	--	--	70
Choline, total	mg	3.8	--	--	8.9
Vitamin B-12	μg	0.00	--	--	0.00
Vitamin B-12, added	μg	0.00	--	--	0.00
Vitamin A, RAE	μg	11	--	--	26
Retinol	μg	0	--	--	0
Carotene, beta	μg	45	--	--	105
Carotene, alpha	μg	7	--	--	16
Cryptoxanthin, beta	μg	169	--	--	394
Vitamin A, IU	IU	222	--	--	517
Lycopene	μg	0	--	--	0
Lutein + zeaxanthin	μg	48	--	--	112
Vitamin E (alpha-tocopherol)	mg	8.93	--	--	20.81
Vitamin E, added	mg	8.80	--	--	20.50
Vitamin D (D2 + D3)	μg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	μg	0.9	--	--	2.1
<b>Lipids</b>					
Fatty acids, total saturated	g	0.120	--	--	0.280

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 233g
4:0 <sup>1</sup>	g	0.000	1	--	0.000
6:0 <sup>1</sup>	g	0.008	1	--	0.019
8:0 <sup>1</sup>	g	0.000	1	--	0.000
10:0 <sup>1</sup>	g	0.028	1	--	0.065
12:0 <sup>1</sup>	g	0.000	1	--	0.000
14:0 <sup>1</sup>	g	0.008	1	--	0.019
15:0 <sup>1</sup>	g	0.004	1	--	0.009
16:0 <sup>1</sup>	g	0.047	1	--	0.110
17:0 <sup>1</sup>	g	0.000	1	--	0.000
18:0 <sup>1</sup>	g	0.024	1	--	0.056
20:0 <sup>1</sup>	g	0.000	1	--	0.000
22:0 <sup>1</sup>	g	0.000	1	--	0.000
24:0 <sup>1</sup>	g	0.000	1	--	0.000
Fatty acids, total monounsaturated	g	0.026	--	--	0.061
14:1 <sup>1</sup>	g	0.000	1	--	0.000
15:1 <sup>1</sup>	g	0.000	1	--	0.000
16:1 undifferentiated <sup>1</sup>	g	0.002	--	--	0.005
16:1 c <sup>1</sup>	g	0.002	1	--	0.005
16:1 t <sup>1</sup>	g	0.000	1	--	0.000
17:1 <sup>1</sup>	g	0.000	1	--	0.000
18:1 undifferentiated <sup>1</sup>	g	0.024	--	--	0.056
18:1 c <sup>1</sup>	g	0.024	1	--	0.056
18:1 t <sup>1</sup>	g	0.000	1	--	0.000
20:1 <sup>1</sup>	g	0.000	1	--	0.000
22:1 undifferentiated <sup>1</sup>	g	0.000	--	--	0.000
22:1 c <sup>1</sup>	g	0.000	1	--	0.000
22:1 t <sup>1</sup>	g	0.000	1	--	0.000
24:1 c <sup>1</sup>	g	0.000	1	--	0.000
Fatty acids, total polyunsaturated	g	0.049	--	--	0.114
18:2 undifferentiated <sup>1</sup>	g	0.028	--	--	0.065
18:2 n-6 c,c <sup>1</sup>	g	0.028	1	--	0.065
18:2 CLAs <sup>1</sup>	g	0.000	1	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 233g
18:2 t not further defined <sup>1</sup>	g	0.000	1	--	0.000
18:3 undifferentiated <sup>1</sup>	g	0.020	--	--	0.047
18:3 n-3 c,c,c (ALA) <sup>1</sup>	g	0.020	1	--	0.047
18:3 n-6 c,c,c <sup>1</sup>	g	0.000	1	--	0.000
18:3i <sup>1</sup>	g	0.000	1	--	0.000
18:4 <sup>1</sup>	g	0.000	1	--	0.000
20:2 n-6 c,c <sup>1</sup>	g	0.000	1	--	0.000
20:3 undifferentiated <sup>1</sup>	g	0.000	--	--	0.000
20:3 n-6 <sup>1</sup>	g	0.000	1	--	0.000
20:4 undifferentiated <sup>1</sup>	g	0.000	1	--	0.000
20:5 n-3 (EPA) <sup>1</sup>	g	0.000	1	--	0.000
22:4 <sup>1</sup>	g	0.000	1	--	0.000
22:5 n-3 (DPA) <sup>1</sup>	g	0.000	1	--	0.000
22:6 n-3 (DHA) <sup>1</sup>	g	0.000	1	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Fatty acids, total trans-monoenoic	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0

#### Amino Acids

#### Other

Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0

#### Sources of Data

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 19c, 2015 Beltsville MD